

CHECKLIST FOR REDEEMING  
WIC COUPONS

- The ID/VOC Folder or Proxy Information on the ID/VOC Folder must be presented at the beginning of every transaction.
- WIC coupons cannot be used before the “starting date” or after midnight on the “expiration date”.
- Make sure the foods selected are WIC authorized.
- The total actual dollar amount of the WIC food items purchased must be entered on the coupon in black ink by the cashier.
- The authorized person or proxy must **sign** and **date** the coupon **after** the dollar amount is entered.
- The signature on the coupon must match the signature on the ID/VOC Folder or Proxy Information on the back of the ID/VOC Folder.
- Rain checks are not allowed.
- Manufacturers’ coupons and any store promotions **may be** used with WIC coupons, including free food.

TO REPORT ANY  
WIC PROGRAM ABUSE  
CALL THIS TOLL-FREE HOT LINE:  
**1-800-CALL-WIC**

**Help WIC serve you. Choose lower price  
foods when you shop.**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

To file a complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

**Breastfeeding is best for your baby**

MICHIGAN  
**WIC**  
FOOD CARD

Effective: December 1, 2005



Michigan Department  
of Community Health



Jennifer M. Granholm, Governor  
Janet Olszewski, Director



Authority: P.A. 368 of 1978 • MDCH-0237 • Rev. 12/05  
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487,000 printed at 0.061 cents each with a total cost of \$29,761.63.

**MILK**

- Whole Milk
- Reduced Fat Milk (2%)
- Low Fat Milk (1% or 1/2%)
- Fat Free Milk (skim)
- Buttermilk

**ALLOWED ONLY  
IF LISTED ON THE  
COUPON**

- Powdered (nonfat dry)
- Evaporated (whole or skim)
- Goat's Milk
- LACTOSE REDUCED MILK
  - Dairy-Ease (all types)
  - Lactaid (all types)
  - C.F. Burger Creamery Lactose Reduced Milk (all types)
  - C.F. Burger Creamery Calcium-Fortified Lactose Reduced Milk (all types)
  - Dean's Easy (all types white only)
  - Calcimilk



**NOT ALLOWED**

- Flavored Milk (chocolate, strawberry)
- Soy Milk
- Guernsey Milk
- Organic or Value Added Milk (Kid's Milk, Fit Milk)
- Vitamite
- Glass Bottles

**EGGS**



- Grade A or AA
- Small, Medium and Large Only

**NOT ALLOWED**

- Extra Large and Jumbo Eggs
- Brown Eggs
- Free Range, Cage Free, Low Cholesterol, OMEGA 3, Organic or Pasteurized Eggs
- Eggland's Best, Gold Circle Farms or Good News Eggs

**DRY PEAS, BEANS, LENTILS**



- 16 oz. package
- Any type

**NOT ALLOWED**

- Barzi Beans
- Packages with seasoning packets

**PEANUT BUTTER**



- 18 oz. Jar only

**NOT ALLOWED**

- Health Valley, Arrow Head Mills or Fifty50
- Peanut Butter mixed with jelly, marshmallow or other flavoring
- Reduced fat peanut butter or peanut spread

**FOR BREASTFEEDING WOMEN  
(not receiving formula for an infant)**

REMEMBER:  
Breastfeeding  
is the best for  
you and your  
baby.



**CARROTS**



- 1 pound fresh
- 14-20 oz. canned sliced in water

**NOT ALLOWED**

- Baby or fingerling carrots
- Frozen carrots

**TUNA**




**NOT ALLOWED**

- Albacore tuna
  - Low sodium tuna
  - Foil Packs
  - Lunch packs/kits of tuna
  - Chunk white tuna
- 6 oz. canned chunk light tuna in water or oil

CEREAL These brands only. They have the iron you need.

COLD CEREALS • 11 OUNCE BOX OR LARGER

Cereals with (\*) provide 100% of daily folic acid.



Cheerios Plain or Multi Grain only\*




Kix Plain only




Bran Flakes




Rice, Wheat\* and Multi Bran Chex\*






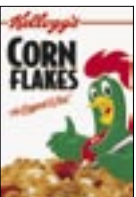
Special K Plain only\*




Frosted Mini-Wheats, except Vanilla Creme and Maple and Brown Sugar




Honey Bunches of Oats, Honey Roasted and Almonds



Corn Flakes Plain only






Banana Nut Crunch only



King Vitamin\*



Life Plain only\*



Squares (hint of brown sugar) Plain only\*



STORE BRAND  
CORN SQUARES/  
BISCUITS/BITZ:  
(Like Corn Chex)  
America's Choice  
Flavorite  
Great Value  
Kroger  
Meijer  
Our Family  
Roundy's  
Spartan

STORE BRAND  
CORN FLAKES:  
America's Choice  
Flavorite  
Great Value  
IGA  
Kroger  
Meijer  
Mornin' Gems  
Our Family  
Parade  
Roundy's  
Spartan

STORE BRAND  
CRISP/CRISPY  
RICE:  
America's Choice  
Flavorite  
Great Value  
IGA\*, Kroger\*  
Meijer  
Mornin' Gems  
Our Family  
Parade  
Roundy's  
Spartan\*

HOT CEREALS

Cereals with (\*) provide 100% of daily folic acid.



STORE BRANDS:  
America's Choice  
Great Value, IGA,  
Flavorite, Kroger,  
Meijer, Our Family,  
Parade, Roundy's, Spartan



14 oz., 28 oz. or 12 oz. individual packets, Original Flavor only



Original or Chocolate only\*



Individual serving packets only, Any Flavor



Individual serving packets only, Instant (Regular flavor only)



Instant and Vermont Style Oatmeal only




ALSO ALLOWED: WOMEN AND CHILDREN MAY ALSO BUY 8 OZ. INFANT CEREAL WITHOUT FRUIT OR FORMULA WHEN CEREAL IS LISTED ON COUPON.

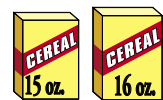
WAYS TO BUY UP TO 36 OUNCES OF CEREAL

You may combine cereal up to a total of 36 ounces per month.


11.8 oz.  
12 oz.  
+12 oz.  
35.8 oz.



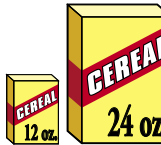
15 oz.  
+16 oz.  
31 oz.



20 oz.  
+15.5 oz.  
35.5 oz.



24 oz.  
+12 oz.  
36 oz.



100% JUICE


JUICES - 46 OUNCES/UNSWEETENED

Any of these juices with added calcium are allowed.

No organic juice allowed.




Any flavor plastic or can



Any type except V8 Splash, no plastic




Plastic or can




Purple or white only, plastic or can




Apple juice only



100% juice Any brand




100% juice Any brand or variety




100% Juice

FROZEN CONCENTRATE JUICES - 11.5 - 12 OZ.


Any of these juices with added calcium are allowed.




Any flavor with yellow peel strip 100% juice




Pineapple or pineapple blends 100% juice




Orange and orange blends 100% juice



Any brand 100% juice



Any brand 100% juice



Any flavor Old Orchard 100% juice

NON-FROZEN CONCENTRATES - 11.5 OZ.

Any of these juices with added calcium are allowed.

Look in the canned juice aisle.

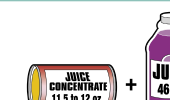
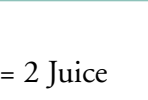


Any flavor with yellow band 100% juice

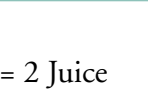
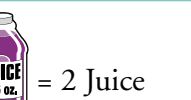


Any flavor with yellow band 100% juice


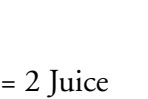
EXAMPLES OF JUICE COMBINATIONS

 + 

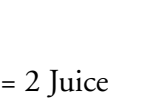
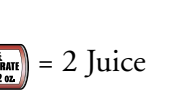
= 2 Juice

 + 

= 2 Juice

 + 

= 2 Juice

 + 

= 2 Juice

CHEESE

- American
- Cheddar
- Colby
- Mozzarella (string, part skim, whole)
- Brick
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss



NOT ALLOWED

- Individual wrapped cheese slices or sticks
- Cheese foods, products, whips or spreads
- Shredded, grated, cubed or smoked cheese
- Variety wheels or variety packs
- Velveeta or Cracker Backers
- Cheese with pimentos, jalapeno pepper, caraway seeds, meat, etc.
- Farmers cheese
- Organic cheese
- Cheese curds

ALLOWED

- 8 oz. or 16 oz. package only
- U.S. made prepackaged cheese
- Slices without individual wrapping
- Low sodium and low fat cheese of any of the above cheeses

INFANT FORMULA

Buy only the exact type and size container of formula listed on your WIC coupon. For example:

If the coupon reads "Similac with Iron" you must buy



If the coupon reads "Isomil with Iron" you must buy



If the coupon reads "Lactose Free Advance with Iron" you must buy



If your physician changes your formula, you must obtain WIC clinic approval and receive new coupons in order to buy the new formula.

INFANT CEREAL

- Beechnut, Del Monte, and Gerber dry infant cereal without fruit or formula.
- CHOOSE: Rice, Oatmeal, Barley, Mixed
- Buy 8 oz. box only



INFANT JUICE



- Any brand or type 100% pure juice
- Multi packs allowed

NOT ALLOWED

- Infant juice with yogurt
- Tender Harvest